

# Washington Massage

# NEWS



Wash. Chapter, American Association Masseurs & Masseuses

John Murray, Editor

October Issue

Port Townsend, Wash.

## Why Are We Organized?

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Many of us have been, or are now, members of labor unions, credit unions or fraternal organizations, as well as churches. Why? The answer is simple. The members of an organization are joined together for the mutual help and protection of all the members. In this day and age, no individual can feel secure as a rugged individualist. If you doubt this statement, make a list of all the organizations in your city or town and ask yourself why those organizations exist. The farmer who was once the most independent and most rugged individualist of all, now belongs to one of the most influential and powerful of all lobbies. Bankers, businessmen, doctors, lawyers and working people speak thru their own organizations, and the voice of each organization commands respect and recognition. The influence and power of each and every organization depends entirely upon the large number of loyal members and their financial support.

It is now time to pay our dues again; Please send yours to Ruth Williams without delay. Wash. Chapter and the National A.M.T.A. need you, and are always ready to promote and safeguard your interests as a Massage Therapist. They have not failed in the past and they will not fail in the future.

As I see it, the primary purpose of our organization is to secure favorable legislation whenever and wherever possible and to prevent harmful laws from being enacted. For this purpose we have a Wash. Chapter Legislative Committee of faithful and experienced members. This committee is supported by, and have at their disposal, a Legal Aid and Legislative Fund. This fund is not nearly as large as it should be and a portion of every member's dues must be placed in the fund every year to meet the vitally necessary expenditures. The committee has succeeded in building loyal and powerful friendships in the Wash. State Senate and the Dept. of Licenses. These friendships will prove to be the greatest protection our Massage Therapy profession could possibly obtain. They must be maintained in order to prevent the disaster experienced in some states. This requires considerable work by our Legislative Committee, and the money must be provided by you and I. (Some of us have paid in more than our regular dues) Many other qualified Massage Therapists in Washington ought to become members and give us their support. Please contact at least once of them and persuade him or her to join. Get application blanks from Ruth E. Williams, Secy-Treas. Atomic Health Center, 26 E. 3rd Ave., Kennewick.

Legislative matters are not the only function of our organization. We are banded together to share our knowledge and experience with each other, by exchange of ideas and demonstrations of technics at state meetings and conventions and thru articles in our Massage News. As you know the news at present is published by John A. Murray, 1242 Jefferson St. Port Townsend. Please send him anything and everything that may be useful to your fellow members. He must have material to print and the members must supply it, a dozen pages of it. This will be greatly appreciated. I can only express one man's opinions and I may soon run out of ideas to write about. It is not my responsibility alone.

Fraternally, Pete I. Eitheim, R.M.T.

Pres. Wash. Chapter





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### Benefits of Conventions

First of all I feel that the time we take off our work is a diversion and gives us time to relax and enjoy our selves too, and also seems to give us a little different perspective of life.

I find too that traveling with and attending conventions with my Colleagues gives me not only enjoyment but an opportunity to get better acquainted, especially with members from other states who we possibly see only once a year.

Previous to convention we were given the opportunity to attend classes on different techniques of Massage Therapy, so that we might broaden our understanding in our chosen profession. I feel that it is very necessary that we continue to study and gain knowledge in order to raise the standards of our profession and give the best possible treatment to our Cliental who turn to us for relief from their sickness and afflictions.

Convention time also offers us an opportunity to look over the many text books, charts, anatomy books etc. and purchase those we wish to add to our collection.

Many members like to study others techniques by watching demonstrations which are given during convention intermissions.

Convention is the place to voice your opinion, to discuss and solve the many problems of a growing organization and to plan ways to better our profession. The rules and by laws must be changed or amended occasionally as the need arises.

This is our organization and if you wish to be part of it you must give your time and talents to help build a strong organization.

Those attending the National Convention could not help but feel that a tremendous progress has been made, especially those who have been members for a number of years and has seen the slow but gradual building and improvement of our organization.

I personally was very much impressed by the way our Vice President, Frank Persitz, conducted the meetings.

The California Chapter did a terrific job of putting on a very successful convention. The business was conducted speedily and time left for sight seeing and vacationing besides.

Arthur D. Mann



Dear John:

Many of his friends will like to know about the well-being of Lyman Archibald. Archie, as we who like him so much choose to call him, recently has undergone surgery on his lumbar. Sometime in April, Archie began suffering pain in his left thigh and gluteal muscles. The pain became increasingly worse and he sought treatment from some of his fellow Masseurs, including myself, but none of us could give him relief. He then called upon his medical doctor, who was at first unable to discover the trouble. But a second examination disclosed a fragment of bone chipped from one of the vertebrae had worked down and was pressing on a nerve between the fourth and fifth vertebrae.

An operation was performed and I am happy to report that Archie is doing well and will be back doing business at the same stand within the month. It is well to remark here that his operation and outstanding recovery were possible not only through the skill of the surgeon, but also through the remarkable condition of the patient.

Archie has many friends among our group. He will be remembered for the excellent demonstrations at our conventions and for the teaching of his methods to many of us.

Arthur Dunbar

Dear John:

There is, I believe, a need for a registration of Masseurs and Masseuses who are seeking or are available for work, as well as a list of positions available.

This office and others have occasionally needed competent operators, and having no one place to turn have had to "beat the brush" as it were, running down every available lead. The same thing occurs, too, in the case of persons looking for work. This office will receive calls from those desiring work in this field.

There is a similar need for those who wish to sell out their business to have a place on a list, and that list be available to those seeking locations.

Arthur Dunbar



## How Is Your Health?

Since my latest articles appeared in the Sept. issue of Massage News, I received a bulletin from someone in Seattle. It is called "Food Facts Versus Fads" and is published by Agricultural Extension Service of Wash. State. It criticizes and disapproves of what it calls food faddists and food quacks, vitamin distributors, diet promoters and apparently everything except the ideas of the Extension Service, which are neither new nor enlightening.

This attitude is understandable. The Extension Service exists for the purpose of promoting the production, processing, sale and use of all agricultural products, good, bad, or indifferent. This includes all grain products, whole, unrefined and refined. It includes sugar from sugar beets or sugar cane or any other source. It includes tobacco grown by southern tobacco planters. I have no quarrel with the Extension Service, but, these products have been the source of bitter controversies for a great number of years and anyone interested in good health cannot deceive himself by disregarding this controversy and pretending that everything that grows on a farm, and is processed, or sold for human consumption, is of benefit to mankind. Surely, poison ivy leaves would not be used in salads, I believe ripe, raw apples are beneficial to anyone, when it is processed into fortified wine, referred to as Wenatchee Bourbon, is not beneficial to anyone. Let us not pretend that we are well fed and healthy.

I hope I may be allowed the privilege of expressing my belief that meats, fish, eggs, fresh, ripe fruits and properly grown, fresh leafy vegetables are for superior foods in the promotion of good health. I am also convinced that animal fats are a far superior source of energy than carbohydrates and for less injurious. In these articles I shall inform the readers where to obtain proof based upon experience in nutrition by medical research men.

Yes, I too have become increasingly disgusted with faddists and quacks. However, an honest appraisal of facts leads us to the conclusion that faddists and quacks exist because of a desperate need for reliable dietary information. This information should come from our doctors who are supposedly safeguarding our health. The problem is not solved when overworked or uninterested or uninformed doctors dismiss the entire subject by telling their patients "eat a balanced diet" or "eat whatever you like" or "don't eat animal fats!" Many medical research men have made available to the average practitioner and the public, the results of their research in vitamins, and doctors must share the blame for making a popular fad of vitamins and modern drugs. Many of the more cautious and thoughtful doctors now realize that neither of them are a cure-all. Too few doctors have carried out a thorough research program in foods and correct dietary habits and made their findings available. Why? Are they afraid the public would become too healthy? Are the doctors themselves slaves to their own bad eating habits? Here is what Dr. D.T. Quigley, M.D., states in his book, The National Malnutrition.



I shall quote Dr. Quigley. "The steps that must be taken to correct the bad health conditions due to dietary deficiencies at the present time are mainly steps in the education, first, of the medical profession; and second, of the laity(public). That the doctors suffer equally with the lay public in deficiency diseases is quite evident. Mortality records show that doctors die from heart and blood vessel diseases in as great numbers as does the general population. The average doctor has as much pyorrhea and tooth decay as the average layman. The average doctor is as often crippled by neuritis and arthritis and has as much appendicitis, gallbladder disease, stomach ulcer and cancer as the layman. The need for educating doctors is very great. The reception of new ideas such as these is slow in the medical profession."

Dr. Quigley continues. "Educational lectures addressed to the physicians might seem to meet a better reception, as physicians are very eager to make a better record than their competition. They are anxious to cure diseases in which their competitors have failed. But even with such urge in the background, the doctor looks with a cold, fishy eye on all changes in his own dietary habits. He believes he has done pretty well. He fails to recognize his own deficiencies because his own standards are wrong. He knows and treats marked departures from normal, but subclinical departures from normal meet no recognition as these corresponds too closely to his own and to his family's physical condition. His own children need treatment for pyorrhea and tooth decay, St. Vitus dance and rheumatism. They have diseased tonsils and only partially functioning eyes. They have rickets and constipation" End of quote from Dr. Quigley.

Dr. Quigley is not a faddist or a quack. He is not an enemy of the medical profession. His book states that he has practiced as a physician and research worker for forty years in the treatment and prevention of deficiency diseases. It is very encouraging to find that many other doctors now recognize that we are all victims of wrong foods and wrong dietary habits which lead to below normal health, disease and premature death. Among them are Dr. D.C. Munro, M.D., Dr. Tom Spies, M.D., Dr. George L. Thorpe, M.D., Dr. Frederick J. Stare, M.D., the doctors employed by the Du Pont corporation and many others.

It is very doubtful, judging by recent developments in this field, whether any great progress would have been made thru pure laboratory research and animal experimentation alone. By far the greatest contribution has been made by Anthropology, the science that makes a study of the human race, both primitive man and civilized man and the effects of their foods and eating habits. This study also includes ancient man as well as modern man. Outstanding men in this field are Vilhjalmur Stefansson, famous Arctic explorer and professor of Anthropology and Dr. Weston A. Price, D.D.S. and anthropologist. Their findings, especially those of Stefansson, have become the medical research man's basis for the marvellous,



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health-building, high-protein, high-fat, no carbohydrate diet. This dietary method or eating formula has done more, judging by actual results, to build superb health, endurance and energy, and happiness, than any other development in the dietary field, or in other words, in the field of healthful nutritional and physical repairs. In my next article I shall discuss the famous Holiday Diet for reducing overweight and promoting good health. It was prepared by doctors employed by the Du Pont corp.

With all my heart I urge you to hurry and buy the September issue of Coronet Magazine and study the amazing Stone Age Meat Diet article by Evelyn Stefansson, if you can get it. You will be delighted and amazed at the facts in the article. It has medical approval.

Fraternally,

Pete I. Eitreim, R.M.T.  
Pres. Wash. Chapter

#### Girl Petition's court to Permit Brain Surgery

Kansas City, Kansas. September 2.

Miss Charlene Butts has asked the Wyandotte County Probate Court to appoint a guardian for her who would permit a brain operation that could save her life.

Physicians say the girl has a tumor that will make her blind in two years and take her life in four or five years. Her parents, Mr. & Mrs. Charles Butts of Oswego have refused to consent to the operation.

The girl says her parents are taking the advice of a massuer, who does not believe surgery is necessary.

I feel that this sort of publicity is very damaging to our profession. This masseur is over reaching the limitations of his place in the healing arts, whether he has good reasons to believe he is right or wrong.

Editor



Dear John,

There has been a death in the membership of the office where I have worked for the past twenty-two months that has affected me most profoundly. Mrs. Helen Wallis, my employer, passed away most unexpectedly on the morning of the twenty-second of August about seven o'clock as a result of a Coronary Thrombosis. Her sudden passing came as a shock to all of us and like so many people, we did not fully realize how much she meant to us or what a really great person she was until she had answered the call of her Heavenly Father.

My reason for writing this is many-fold. I first want those who had known her in the past and who have not heard of her passing to know of it, and then to tell of how much she meant to her friends and her clientele, for she exemplifies what I have tried to express at other times of what we all should mean to those who come to us for relief from pain of many kinds.

Mrs. Wallis was one of those truly great women that we encounter all too seldom in this life. Mrs. Wallis had that great gift, that deep and sympathetic understanding of human nature, and a great love for her fellow human beings.

She dedicated her life to the service of her fellowman in the way in which she served them in her professional life here at this office. She had a great faith in God and felt that every person was sent to her for a definite purpose. She gave her all to accomplish that purpose for that person. People came to her to seek relief from physical suffering, and to confide in her the things that were causing them mental and emotional anguish, and always found a sympathetic and understanding friend. Mrs. Wallis seemed not only to do what was necessary but also to add that little extra that often means much to a patient. She had that way of saying those words that brought comfort and reassurance to those who worried and were distraught - the word that comforts.

It is a great inspiration to those of us who are left here to carry on in the office to hear the eulogies expressed by the many she had served here and who are missing her personal attention.

Many years ago, when the old fashioned family doctor was so much a part of the lives of all of us, he often left just this kind of a void on his passing. He touched every one just this way.

This life and the way she lived it is just what I tried to express some long time ago in these pages when I said something to the effect that we should treat every patron as though we were treating our Lord should He be on our table.

This kind of life lived among us gives us inspiration; it gives us a pattern of life, something to strive for, something to live up to. It is being said here that she added something to every life she touched.

Arthur Dunbar



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Editor's Comment

I will add just a word to what Arthur Maun has said, I agree with him that the business end of the convention was handled speedily, allowing much more time for other activities, both educational and social.

Washington had eight members attending convention, Montana a newly chartered state, and practically all new members, had five members present. Idaho had about the same, Oregon I believe had three. California's member attendance was rather small considering they have the largest membership of any state and the convention being held in a most ideal spot. Their weather just being made to order, while we were there.

The middle west, the northeast and southeast was well represented.

We were told by the Long Beach Mayor's representative is his welcome address that the convention business, is Long Beach's second largest income, to the city's economy, being surpassed by Douglas Aircraft by a small margin.

Editor